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Monday, August 23, 2010
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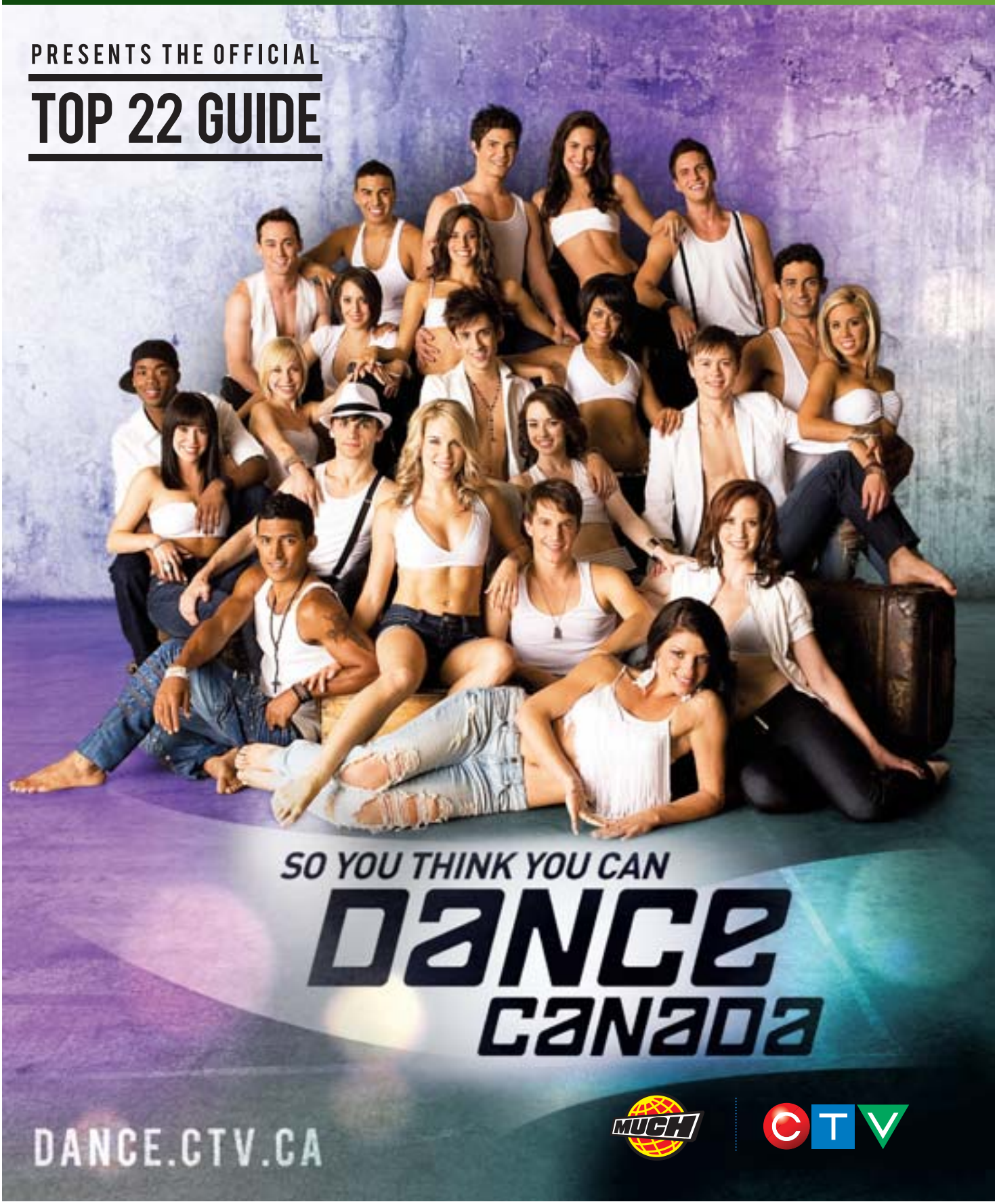
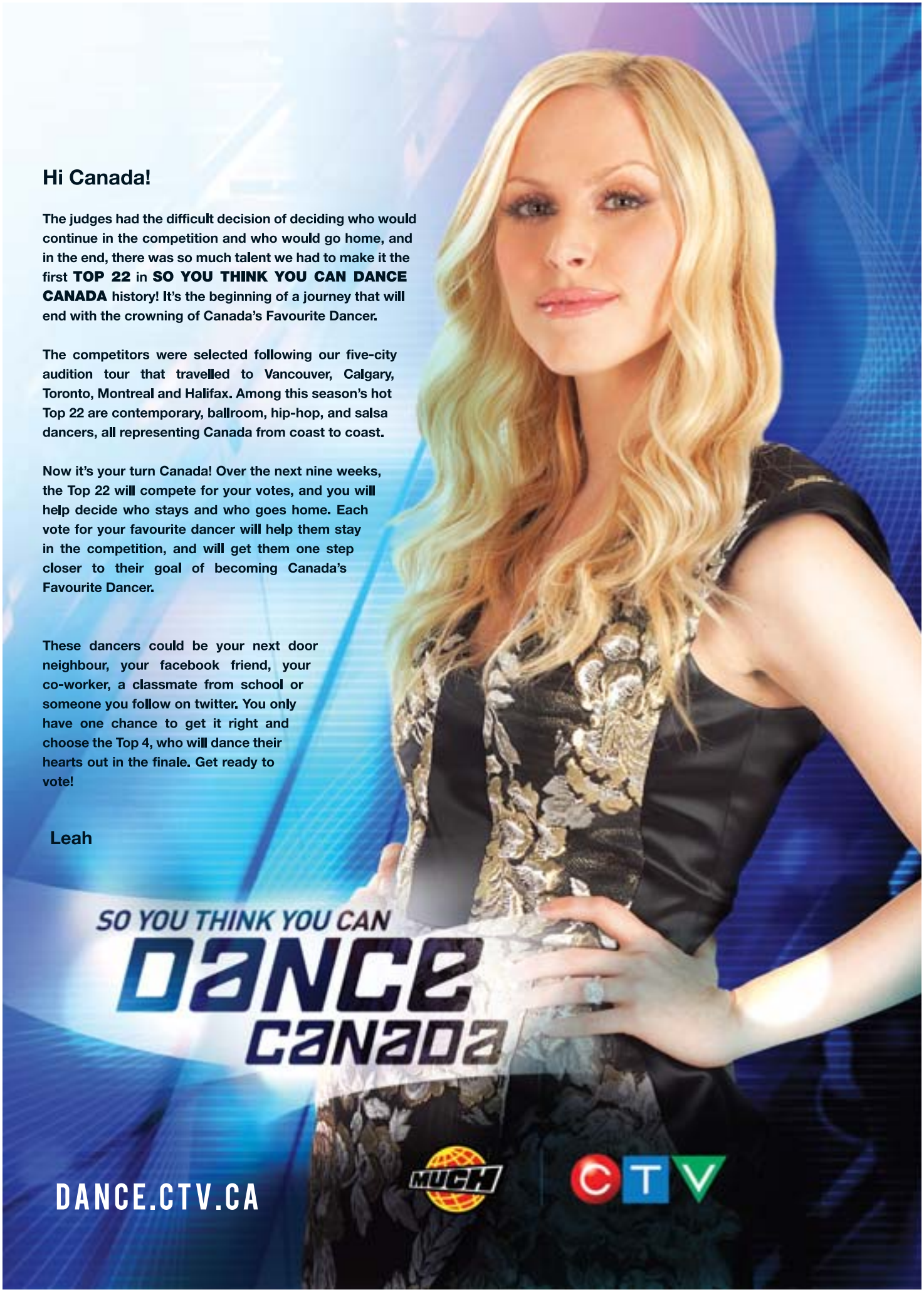
TOP 22 GUIDE




Hi Canada!
The judges had the difficult decision of deciding who would continue in the competition and who would go home, and in the end, there was so much talent we had to make it the first TOP 22 in SO YOU THINK YOU CAN DANCE CANADA history! It's the beginning of a journey that will end with the crowning of Canada's Favourite Dancer.
The competitors were selected following our five-city audition tour that travelled to Vancouver, Calgary, Toronto, Montreal and Halifax. Among this season's hot Top 22 are contemporary, ballroom, hip-hop, and salsa dancers, all representing Canada from coast to coast.
Now it's your turn Canada! Over the next nine weeks, the Top 22 will compete for your votes, and you will help decide who stays and who goes home. Each vote for your favourite dancer will help them stay in the competition, and will get them one step closer to their goal of becoming Canada's Favourite Dancer.
These dancers could be your next door neighbour, your facebook friend, your co-worker, a classmate from school or someone you follow on twitter. You only have one chance to get it right and choose the Top 4, who will dance their hearts out in the finale. Get ready to vote!
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WORKING THE GRAVEYARD SHIFT? TIPS FOR KEEPING IT ALL TOGETHER {page 21}

POP STAR
HOW TO BUILD YOUR OWN SCENE {page 10}

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Reggae festival hits sour note

Saturday's top three acts pull out of fest Sunday show cancelled after provincial sheriff raids cash boxes to cover debts from previous years

TIM WIECLAWSKI/METRO OTTAWA

▶ After making just $100 over the weekend, Nikolai Zacarov packs up the barbecue from his Kabab Bamba stall at the Ottawa Reggae Festival.

Yesterday was supposed to be the wrap-up for Ottawa's third annual reggae festival.

But, rather than a crowd of music fans at Lebreton Flats, there were only disgruntled vendors who couldn't leave the site fast enough.

After paying thousands of dollars for a licence to sell their goods on-site, many vendors are leaving the festival having sold almost nothing.

As he was setting up his stall to sell frozen treats, Dan Uzoaba heard the rumours that the headlining acts for the festivals had backed out.

Friday night's attendance was poor, said Ras Lee, who was scheduled to perform on Sunday.

With no money left to pay the performers and the sound crew, yesterday's show was cancelled.

TIM WIECLAWSKI

Local

Candidate proposes council cuts

Top mayoral candidate proposes tightening city purse strings Says cutting back to between 14 and 17 councillors could save up to $2M {page 3}

Wyclef won't back down

Disqualified from Haitian election, Jean to appeal {page 14}

Arguing in circles

Orleans roundabout generates differing opinions {page 9}

Nutritious and delicious

Blueberry cinnamon coffee cake great for any occasion {page 16}

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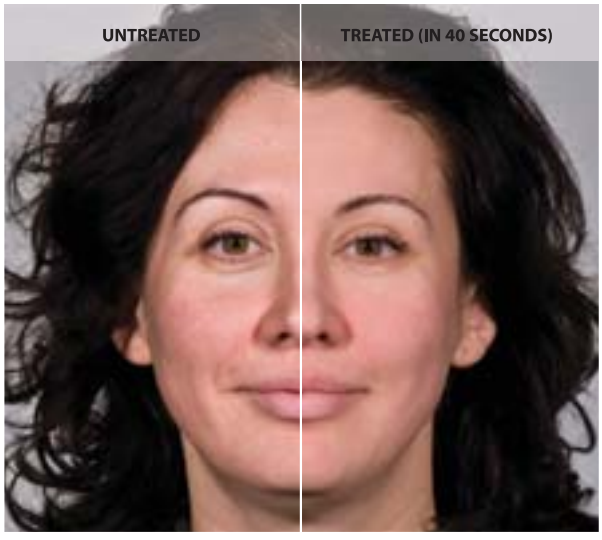
90-DAY MONEY-BACK GUARANTEE 90



None of these images were retouched. Nanoblur was applied on one side of the face for comparison to the untreated side. The candidates were not wearing makeup and no special lighting was used. These half-face studies show true results of Nanoblur on these subjects.

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Equestrian. Making the leap

▶ Frederique Brassard rides Hemingway in the Children's Hunter category, competing for the Grand Prix Children's medal yesterday.

MARC DESROSIERS/FOR METRO OTTAWA

Tournament's final weekend draws herds

The National Capital Show Jumping Tournament wrapped up its second and final weekend at the Nepean National Equestrian Park yesterday. While rain affected the schedule over the first weekend, attendance topped 8,500 on Saturday. Canadian artists Blue Rodeo wrapped up the Grand Prix event, which was won by Perth-based Olympic medallist Ian Millar. More photos at metronews.ca/local

Shrink council: Watson

Reducing council from 23 to between 14 and 17 members will save about $2 million per year, says mayoral hopeful ◐ Ottawa currently has one councillor per 34,000 residents

TRACEY TONG
@METRONEWS.CA

One of the top mayoral contenders wants to see a smaller city council in place to tighten municipal purse strings and to put local decision-making back in the community, where it belongs.

Jim Watson said as mayor, he would reduce the size of council and formalize city boroughs to ensure prompt responses to local matters.

"We have one of the largest councils in all of Canada," said Watson. "We're always talking about tightening our belts."

A smaller council also brings local decision-making back to communities, he said.

Local issues would be brought to borough councils, which would consist of groups of two to four city council members and allow citizens to more easily engage in issues without having to travel to city council meetings downtown.

"It's a smaller council with a bigger vision. (Local) issues can be taken off the agenda and brought to the borough council."
JIM WATSON, MAYORAL CANDIDATE

"There is really a disconnect between communities and city hall," said Watson. "This will strengthen the unity of our city."

Mayor Larry O'Brien said a borough system that won't have the ability to make decisions about money and management would be ineffective.

"The borough idea is not the way to go," said O'Brien. There is no real reason to have additional levels of complexity."

The answer, said O'Brien, lies in providing additional authority to the committees. He said he doubted the city even had the authority to reduce the number of councillors.

WITH FILES FROM TIM WIECLAWSKI

1 news

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On the web at metronews.ca

Guidy Mamann explains why honesty is the best policy when crossing the border. More at metronews.ca/immigration

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Algonquin footbridge installed on weekend

- Work done under cover of darkness so as not to disrupt traffic
- Will open to public Sept. 2011

TIM WIECLAWSKI
@METRONEWS.CA

For all the delays in its arrival, the Algonquin College pedestrian footbridge didn't take long to put in place.

The bridge was supposed to have been installed in early August, but the bridge's maker, Mometal Structures, had problems transporting the 66-metre-long structure.

When it finally arrived, the work was done in one night.

The roof, floor and walls of the bridge still need to be finished.

Algonquin College students will not be crossing the bridge until the new construction trades building is ready "this time next year," said College Ward Coun. Rick Chiarelli.

Development

The area around Algonquin College is the site of several large construction projects.

- At $5.4 million, the pedestrian bridge is only a small component of a major development.
- The bridge will connect to a newly constructed Baseline station, which will be Ottawa's first underground transit stop, which is budgeted at $105 million.
- It will also connect to the college's new $77-million Centre for Construction Excellence.

TIM WIECLAWSKI/METRO OTTAWA

▶ College Ward Coun. Rick Chiarelli and Mayor Larry O'Brien share a laugh after someone made a joke at how well the pedestrian bridge was hung over the weekend.

Crime novel grounded in city's sights, sounds

A retired Carleton University professor has made Ottawa the centre of his latest novel.

Anyone who knows Tom Henighan, who taught film studies and English at Carleton for 35 years, will immediately note similarities between the longtime city resident and the protagonist of his latest offering, Nightshade — other than the fact that they both call Westboro home.

Det. Sam Montcalm "talks a lot about Ottawa," said Henighan, the author of about 20 other books, including The Well of Time, Mercury Man and Doom Lake Holiday. "And his opinions about it are pretty similar to mine."

When Henighan moved to Ottawa back in the 1960s, he found it pretty dull, he admitted. "But over the years, it's gotten quite interesting. It's certainly not static ... It's got a very scandalous history."

The book follows the professional and personal trials of a private eye as a murder investigation leads him from Quebec City to Ottawa and into the Gatineau Hills.

The thriller novel is more popular than ever, said Henighan.

"They touch reality very closely. Not everyone wants to be transported to Mars or a Tolkien kingdom. In the police-type novel, the evil is very palpable and I think people like to deal with that because they're shocked by what people do."

TRACEY TONG

CONTRIBUTED PHOTO

▶ Tom Henighan launches Nightshade at Collected Works on Sept. 9 at 7:30 p.m.

Familiar setting

"I think people will be interested that the things being written about aren't thousands of miles away," said writer Tom Henighan.

- Henighan refers to real-life locations in Ottawa, including a smoked-meat shop on Wellington Street.
- Setting the story in Ottawa was natural for Henighan. "I know a lot about (the city) and it's easy for me to create an Ottawa atmosphere," he said.

Man charged after shot fired at police

A 22-year-old Ottawa man appeared in court yesterday to face charges after a male shot at two police officers over the weekend.

Police said a male fired a shot at the officers while running away from them in the area of Gore Private just before midnight Friday.

Police arrested a suspect and located a firearm at the scene.

Bahroz Manafi faces charges including two counts each of attempted murder and discharging a firearm with intent to wound, endanger life or prevent arrest.

TRACEY TONG

Crash kills woman, injures another

A woman is dead and a fellow passenger critically injured following a two-car collision near Stittsville Saturday.

Emergency workers arrived at Highway 7 and Jinkinson Road to find a woman who was sitting in the seat behind the male driver with fatal injuries, and a woman behind the front passenger with serious injuries.

Both people sitting in the front, as well as the lone occupant of the second vehicle, suffered non-life-threatening injuries.

TRACEY TONG

Autopsy expected in suspicious death

Police expect to release the result of an autopsy this morning for a deceased woman discovered in Vanier over the weekend.

Police continue to investigate a suspicious death after a body was found in a parking lot in the 100 block of Alice Street Friday.

The victim's name was not released.

No arrests have been made in the case. Anyone with information should call 613-236-1222, ext. 5493.

TRACEY TONG

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Feds will match flood donations

FRED CHARTRAND/THE CANADIAN PRESS

The federal government moved yesterday to kick-start giving for Pakistan flood relief by offering to match private donations dollar for dollar.

Donations for flood aid made between Aug. 2 and Sept. 12 will be matched by federal money with no upper limit, Government House leader John Baird said.

The government has set up the Pakistan Floods Relief Fund to handle the aid, and it will be administered through the Canadian International Development Agency.

The matching funds will be on top of the $33 million already pledged by Canada.

Similar programs helped spur donations for last winter's Haitian earthquake and the 2004 tsunami and the federal government had been criticized by some, including the opposition Liberals, for not moving faster to promise matching funds.

"To those who say we're not doing enough, we're the fifth largest contributor in the world."
JOHN BAIRD, GOVERNMENT HOUSE LEADER

Baird said that the tsunami and the quake unfolded differently.

THE CANADIAN PRESS

Brown cow. How Now?

▶ Liberal leader Michael Ignatieff stops to pet a dairy cow yesterday at the Bakerview EcoDairy in Abbotsford, B.C.

DARRYL DYCK/THE CANADIAN PRESS

Ignatieff down on the farm

The demonstration farm is the first of its kind in Canada and showcases innovative and sustainable dairy farm practices. Ignatieff is on a cross-country summer tour.

NEAR GROUND ZERO

Imam has hopes for mosque

The imam spearheading plans for an Islamic centre near ground zero said yesterday the attention generated by the project is positive and he hopes it will bring greater understanding.

Imam Feisal Abdul Rauf's plans for an Islamic cultural centre about two blocks from the World Trade Center site have sparked a political firestorm in the United States. Foes of the project say it is insensitive and disrespectful to the victims of 9-11 and their families.

But Rauf, who is on a 15-day Mideast tour funded by the U.S. State Department, took heart from the dispute. "It is my hope that people will understand more," the imam told a gathering at the U.S. Ambassador's residence in Bahrain.

THE ASSOCIATED PRESS

Savage beatings shock Pakistan

Government orders two inquiries into deaths Origins of video unknown Similar incidents have also been caught on video recently

SHAHID IKRAM/ASSOCIATED PRESS

▶ Brothers Moiz and Muneeb Butt were beaten to death, apparently while police and others watched.

Pakistani men took turns savagely beating two teenage brothers with sticks, drawing blood before dragging and hanging their dead bodies from a nearby pole. None of the dozens of people watching tried to stop the attack, not even several police. The boys may have been mistaken for robbers.

The scene, caught on video and broadcast on news channels, has outraged and anguished Pakistanis, some of whom are asking if years of state neglect have brutalized society. It also is a blow to the already-shoddy image of the government as it appeals for international aid to cope with disastrous floods.

"Is this what we are? Savages?" asked an editorial in The News, an English-language daily. "So utterly bereft of a speck of humanity that a crowd of ordinary men are passive spectators to public murder?"

The killings occurred Aug. 15 in Sialkot, a town in eastern Punjab province. As details have emerged, authorities appear increasingly confident the two boys — Moiz Butt, 17, and his brother Muneeb, 15 — were innocent.

The two went to play cricket after praying and eating breakfast, carrying a bag with them containing game equipment, said Mujahid Sherdil, a top government official in the district.

An armed robbery had taken place in the vicinity of the cricket field, so residents were on alert and police were nearby.

Apparently, when the boys appeared with a bag, they were thought to be the robbers, Sherdil said.

THE ASSOCIATED PRESS

Bride-to-be celebrating too much?

A 31-year-old bride heading home from her bachelorette party in Bellevue, Wash., was arrested for drunk driving hours before she was to get married. Washington State Patrol Trooper Christina Martin says the woman was driving over 90 mph (145 km/h) Saturday morning when she was stopped.

Martin says a trooper arrested the woman, processed her and let her take a cab home in time to make it to her wedding. The woman faces charges.

THE ASSOCIATED PRESS

Wrestling pigs escape — for now

A pig wrestling competition at a county fair in Montana has been cancelled after the animals eluded fair officials trying to round them up for the event. Fair office manager Shirley Embleton says the wild pigs spend the year on a 10-mile free-range property and about 30 are captured the Friday of the scheduled event.

But this year, fair officials were only able to locate one boar. Embleton says next year, organizers will devise a better plan.

THE ASSOCIATED PRESS

Canada under NATO pressure

Canada turned down a direct plea from NATO to send more troops into southern Afghanistan in the run-up to last year's Afghan presidential election, federal documents say.

It was among the most specific requests Ottawa has received over the years and provides a keen illustration of the pitfalls the Conservative government faces both at home and abroad as it slowly untangles the country from the costly war. A briefing note prepared for Defence Minister Peter MacKay showed that both NATO and the U.S. expected Canada to ante up the extra troops needed to secure Kandahar from an anticipated wave of Taliban violence prior to the vote.

The plea was turned down cold.

THE CANADIAN PRESS

Canadians fear for future of health care

More than half think services will get worse • Most give current care an A or B grade

TORSTAR NEWS SERVICE

The vast majority of Canadians fear for the future of health care, concerned over the potential for declining quality and rising costs of services to support an aging baby-boomer population, according to a new report.

In its annual report card on health care, the Canadian Medical Association had pollster Ipsos Reid gather public opinion about Canadians' perceptions and expectations of long-term health and health-care needs.

According to the findings, 80 per cent of Canadians surveyed said they were concerned quality of health care in the country would decline due to the strain on the system caused by aging boomers.

▶ Dr. Anne Doig

What's more, 79 per cent of respondents worry the system won't be able to offer the same level of coverage as that segment of the population reaches retirement age.

Along with concerns over quality of care, Canadians are worried about footing the bill for increasingly costly health-care services, both for themselves and aging boomers.

Outgoing CMA president Dr. Anne Doig said in a release the report sends a "clear signal to decision-makers."

"Canadians want an open dialogue on the tough issues in health care and they want it to start now," she said.

Doig also noted that this year's report card shows young adult Canadians are bracing for increased health-care costs in the future.

The report card found adults aged 46 and under are far more likely than boomers to prepare for rising health-care costs.

THE CANADIAN PRESS

G8. Consequences

▶ A protester jumps on a burnt out car as a police car burns in the background during an anti-G20 demonstration in Toronto in June.

RYAN REMIORZ/THE CANADIAN PRESS FILE PHOTO

300-plus head to court for G20 trial

The stage is set for a crush of people to descend upon a Toronto courthouse today as more than 300 people charged with offences related to the G20 summit are set to appear, along with their families, supporters and lawyers for what will be a marathon session of mass appearances.

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Chip shortage causes smartphone delay

Manufacturers were spooked and reined in investment after a 30% drop in chip sales in the beginning of 2009

The seemingly recession-proof smartphone is suffering from a side-effect of the rough economy: Manufacturers can't build enough of the gadgets because chip makers that rolled back production last year are now scrambling to play catch up.

The chip shortage means Apple Inc.'s rivals are having trouble making enough phones to compete with the iPhone, a problem expected to persist through the holidays. It's also affecting wireless carriers, some of which are seeing delays in improving their networks, and it could even raise computer prices.

Sprint Nextel Corp., for instance, couldn't satisfy demand for HTC Corp.'s EVO 4G, the first phone to use a faster 4G network.

THE ASSOCIATED PRESS

Higher prices?

While investment is recovering, it takes months to set up new production lines and upgrade existing ones.

- **Unlikely** Phone prices are heavily subsidized by carriers, and competition in the industry means it's likely someone in the supply chain will absorb higher prices for the chips.
- **PC increase** Research firm iSuppli warns that prices for PCs could rise this year because of short supplies of memory chips.

84% Worldwide investment in the chip industry is expected to grow 84 per cent this year, to $47.5 billion.

ANGELO CARCONI/THE ASSOCIATED PRESS

▶ Apple is not affected by the chip shortage. Although the company can't keep the IPad and IPhone 4 in stock, it blames that on demand outstripping assembly line capacity, not on problems procuring the right chips.

HST fuelled inflation in July

New harmonized sales taxes in some provinces pushed up Canada's inflation rate last month — but the increase was still softer than what many economists had forecast.

Canada's annual inflation rate rose by eight-tenths of a point in July to 1.8 per cent. Month-to-month, the consumer price index rose half a percentage point from June.

Statistics Canada says changes in sales taxes in Nova Scotia, Ontario and British Columbia affected consumer prices in July.

The governments of British Columbia and Ontario introduced the HST in July. Nova Scotia increased its HST by two percentage points.

The Bank of Canada had forecast the new taxes would increase inflation in the coming months — and they did. Prices were higher across the board, with increases in seven of the eight major components.

Statistics Canada says the HST accounted for about 1.3 per cent of Ontario's 2.9 per cent year-over-year increase, 1.2 per cent of British Columbia's two per cent increase and 0.8 per cent of Nova Scotia's 1.7 per cent increase.

But the head of the agency's consumer prices production section says it's impossible to know the HST's true impact on July's inflation numbers.

THE CANADIAN PRESS

At the checkout

Only clothing and footwear registered lower prices in July.

- The biggest increases were in energy prices, up 7.9 per cent a year earlier. Electricity rose 9.8 per cent in July.
- Transportation costs went up 2.7 per cent in July, while gas prices were higher by 4.8 per cent.

"Given that Canada just had one of the bigger price 'events' for quite a few years (the HST), and overall inflation remained below two per cent is quite remarkable."

DOUGLAS PORTER, BMO CAPITAL MARKETS DEPUTY CHIEF ECONOMIST

Market moment

PRICES AS OF 5 P.M. FRIDAY

DOLLAR	Natural gas 1,000 cu ft
95.35¢ (Friday)	$4.117 (Friday)
	Gold contracts $1,228.80 (Friday)
OIL	**TSX**
$73.46 US (Friday)	11,722.07 (Friday)

Allegations recalled for WikiLeaks head

Swedish prosecutors defended their handling of a rape allegation against the founder of WikiLeaks, saying yesterday they had made no mistakes in issuing an arrest warrant and withdrawing it less than a day later.

The Swedish Prosecution Authority said an "on-call" prosecutor issued an arrest warrant for Julian Assange late Friday only to see it revoked the next day by a higher-ranked prosecutor, who found no grounds to suspect him of rape.

THE ASSOCIATED PRESS

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▶ Julian Assange

Brookfield to takeover Prime

Brookfield Infrastructure Partners L.P announced plans to takeover Prime Infrastructure in a deal that values the Australian company at $1.4 billion US. Brookfield already owns 40 per cent of Prime.

THE CANADIAN PRESS

Drilling ban would cost jobs: Regulator

A six-month ban on deep-water drilling in the Gulf of Mexico would directly put more than 9,000 people out of work and indirectly affect another 14,000 jobs, according to a memo from the country's top drilling regulator.

The federal document, which weighed alternatives to the ban, was sent to Interior Secretary on July 10.

The Obama administration issued a new moratorium July 12 that stressed new evidence of safety concerns.

THE ASSOCIATED PRESS

CIRCULAR ARGUMENT IN ORLEANS

Urban Compass

STEVE COLLINS

Construction began last week on a surprisingly controversial traffic roundabout at the intersection of St. Joseph and Jeanne D'Arc Boulevard in Orleans.

Everyone seems to have not only an opinion for or against, but a passionate conviction. The Heart of Orleans BIA is four-square behind the project, but several individual business owners have publicly come out against it.

Some of the biggest opponents of the roundabout seem to be among those who live in the neighbourhood.

Coun. Bob Monette, who represents the area, voted against the installation along with fellow east-enders Rob Jellett and Michel Bellemare. They were outvoted by council at large.

While it's perhaps strange to see NIMBYism in reaction to safety and street beautification projects, it also seems perverse that the councillors who don't represent the area can band together and impose the change over the objections of those who do.

"The roundabout exposes another potential fault line in our governance ..."

The roundabout exposes another potential fault line in our governance, specifically in the way we're paying for municipal infrastructure these days. Because it's being funded from the federal stimulus program, the roundabout and related improvements have to be completed by March 2011. Otherwise, the city could end up with the remainder of the $2.5-million tab.

Construction is scheduled to be completed in November, well ahead of this deadline, but an early blast of winter weather, hardly uncommon, could play havoc with the plan, which is already slightly behind schedule. (Work was originally supposed to begin last month).

The City of Ottawa is keen to add more to the dozen or so roundabouts already in place, and seems sold on their advantages.

Traffic is expected to both slow down and flow better, improving safety. The intersection of St. Joseph and Jeanne D'Arc, while it doesn't make the city's list of the most dangerous in town, was still the site of 65 accidents between 2005 and 2008. The BIA cites studies crediting roundabouts with a 30 per cent decrease in accidents and a 70 per cent decline in injuries.

The roundabout is also expected to reduce vehicle emissions by reducing the amount of time drivers spend idling at red lights.

Still, people naturally resist change, and there will likely be some traffic confusion during the adjustment period as motorists get used to merging into the circle, yielding to traffic already circling, etc.

Detractors worry traffic congestion will worsen in the area even after that.

We'll soon see.

Cartoon

MICHAEL DE ADDER

On the edge of your seat

Letters & Tweets

We asked: What's your all-time favourite action movie?

TORONTO. My favourite action movie is Aliens, hands down. James Cameron crafted a suspenseful and action-packed movie that has characters whose names you can still remember. A total masterpiece that blends horror, action and science fiction.
STEVE WHALLS

OTTAWA. It would have to be the original Predator movie from 1987. Anything that has Arnie (Schwarzenegger) in it I'm there. So, yes, I will be seeing The Expendables.
FRANCINE PREVOST

CALGARY. (Green party Leader Elizabeth) May recently made comments regarding her perception that democracy is changing for the worse here in Canada.

I would have to argue that May herself seems to have a distorted view of democracy. During the last election she stomped her feet and had a hissy fit over not being allowed to take part in the leader's debate. Yet, her party has never won a single seat in Parliament.

Is this the kind of person Canadians want to represent them on the world stage?
IAN DUMMIGAN

Alien vs. Predator

THE ASSOCIATED PRESS FILE

What is your Mount Everest?

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Metro Minute in the Underpass

It used to be known as the area where the homeless and panhandlers would gather, and the spot where a young man was stabbed to death in 2006. But since the Rideau BIA and the City of Ottawa transformed it into a congregation spot for local artsy types last year, the Underpass has become a mecca for artists, artisans, performers and musicians.

Grab a coffee or a hot-dog from an area vendor and head over to catch some shade while perusing locally made jewelry, listen to some tunes, and enjoy prints by local artists on display.
TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ A musician performs in the Underpass recently.

2 scene

How to build a pop star

With Katy Perry's latest album, Teenage Dream, about to drop, we dissect what makes these glittery pop stars tick — and bring in the big bucks

Thank Gaga for the new crop of alien rave rejects

A killer voice

"Traditional musical talents are still important," says Billy Johnson Jr., Yahoo! Music senior editor and musicologist. "An artist needs to have the basic foundation."

Arthur Gallego of Gallego & Co. Brand Communications argues that vocal distinctiveness is a plus. "Katy Perry's voice is unmistakable, whether she's singing solo or a featured artist on another musician's track," he says. "The talented female pop singers who haven't done as well as Perry and Gaga are the ones who are simply 'just good singers.'"

A catchy song

Yes, the music must be good in order for a pop star to be successful. "Katy Perry came on the pop scene with a song that was really catchy, and the lyrics are risque without actually being subversive," says Kirthana Ramisetti, managing editor of Predicto.com. "Once you go from there, the songs can be good but they don't have to be great."

A good story

"Today's younger demographic really feasts off the ability to get a peek into their favourite artist's personal life," says Brad Sheehan, intellectual property specialist and client manager at Davie Brown Entertainment.

Access to an artist, especially through Twitter, gives people a story to follow. "Christina Aguilera has an amazing voice, but no one really knows much about her lately and I think that's why her album suffered," he says.

Good girls are boring

"The pop stars in the '90s got by just with catchy pop songs, even if they didn't have a fully formed pop persona," says Ramisetti. "Stars like Mandy Moore and Jessica Simpson, they got by because they were cute blondes like Britney Spears."

Gallego adds that a brand is essential now. "An artist like Celine Dion, if she had just burst onto the scene two years ago, would not have been as successful today as she was in the '90s, packaged the same way."

GETTY IMAGES

▶ Ke$ha, the phonics rebel

One step ahead

"If a pop star is going to remain timeless, they have to create trends," says Barnett. "If someone is simply doing what everyone else is doing, they're not going to be at the forefront in the media."

GETTY IMAGES

▶ Gaga's look caught on — somehow.

The look

Gaga is leading the masses with her otherwordly fashions, which seem to have become a requirement of the most mainstream pop stars. "What Lady Gaga is doing is getting so much attention that it's put a shadow on the rest of the pop world," says Tyler Barnett of Tyler Barnett Public Relations. "When you've got her running around in absurd, ridiculous outfits, how do you outfreak that?"

HEIDI PATALANO
heidi.patalano@metro.us

In brief

Sirius XM satellite radio will debut a spoken-word recording by Conan O'Brien. And They Call Me Mad? will play at noon ET today as part of Sirius XM's Raw Dog Comedy Channel.
THE ASSOCIATED PRESS

Sylvester Stallone's The Expendables topped the North American box office for a second straight week with $16.5 million US in ticket sales. Twilight spoof Vampires Suck and the Julia Roberts drama Eat Pray Love tied for the second spot.
THE ASSOCIATED PRESS

Lawyer who tried to block Harry Potter movies faces hearing

5 Steps to a Smarter Smartphone Life

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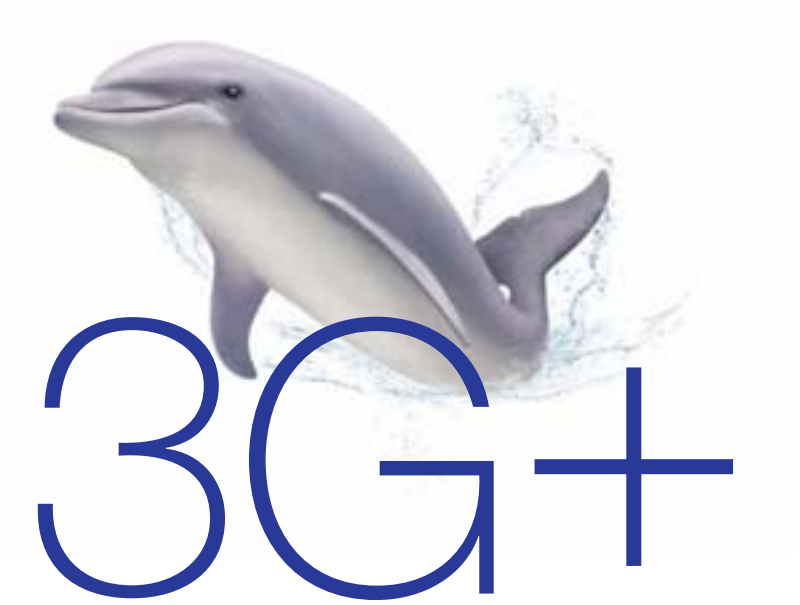

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Cataraqui Town Centre
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131 Princess St.

Nepean
129 RioCan Ave.
39 Robertson Rd.
Orléans
Place d'Orléans
2 - 4312 Innes Rd.
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Pembroke
Pembroke Mall

Perth
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Stittsville
1300 Main St.

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▶ Colbert to host two-episode special celebrating end of combat operations in Iraq.

RETURN OF TROOPS

Stephen Colbert is dusting off his camouflage suit.

The comedian will broadcast two special episodes of Comedy Central's The Colbert Report to celebrate the end of combat operations in Iraq and to honour returning troops.

On Sept. 8 and 9, the show will fill its audience with Iraq War veterans and active duty service men and women. Others will be beamed in via satellite from Iraq, Afghanistan and the Walter Reed Army Medical Center in Washington, D.C.

The Report, which likes to parody over-the-top cable news graphics, is calling the episodes Been There: Won That: The Returnification of the American-Do Troopscape.

Guests will include Vice-President Joe Biden, U.S. Sen. Jim Webb and the U.S. military commander in Iraq, Gen. Ray Odierno.

Odierno famously shaved Colbert's head — on President Barack Obama's orders — when the comedian broadcast four episodes of The Report from Baghdad last year.

One of those Iraq episodes earned The Report an Emmy nomination for writing for a variety, music or comedy series. The show has three nominations, including for outstanding variety, music or comedy series, heading into the Emmy Awards on Aug. 29.

With the WristStrong bracelets he's promoted since falling and breaking his wrist, he has raised hundreds of thousands of dollars for the Yellow Ribbon Fund, a charity that assists injured service members and their families.

THE ASSOCIATED PRESS

White adds to her glory year

Actress picks up Creative Arts Emmy for Saturday Night Live hosting gig Awards ceremony honours technical and other achievements

THE ASSOCIATED PRESS

▶ White wins her fifth prime-time Emmy.

The Betty White phenomenon keeps getting bigger.

White won an Emmy Award for best guest actress in a comedy series for her turn as Saturday Night Live host. The honour came Saturday at the creative arts ceremony that is precursor to the main Aug. 29 Emmy show.

The trophy is the fifth prime-time Emmy received by the 88-year-old White, according to the TV academy. Her previous honours came for classic sitcoms including The Mary Tyler Moore Show and The Golden Girls.

So far this year, besides the SNL gig, White made a splash with the TV Land sitcom Hot in Cleveland, scored with a clever Super Bowl commercial and played a mad librarian on ABC's sitcom The Middle.

She did not attend Saturday's ceremony, which included presenters Jane Lynch of Glee, Elizabeth Mitchell of Lost and Christina Hendricks of Mad Men.

Neil Patrick Harris was a presenter and winner, taking the trophy for best guest actor in a comedy series for his appearance on Glee. The guest acting trophies for drama series went to John Lithgow for Dexter and Ann-Margret for Law & Order: Special Victims Unit, which has won Emmy acting honours for six consecutive years.

Harris shared in another award: The Tony Awards show was recognized as best special class program.

The top network winner was HBO with 17 trophies, followed by ABC with 15 and Fox with nine. CBS, NBC and PBS each claimed seven. The Pacific, HBO's World War II miniseries, captured a leading seven creative arts awards.

Four trophies went to Disney Prep & Landing, an animated Christmas special. Other big winners, with three trophies each, were freshman sitcom Modern Family, Saturday Night Live and The 25th Anniversary Rock And Roll Hall of Fame Concert.

The creative arts ceremony will air Friday on the E! channel. Next Sunday's 62nd annual prime-time Emmy ceremony, with Jimmy Fallon as host, will air live on NBC.

THE ASSOCIATED PRESS

Award winners

Other winners at the Creative Arts Emmys:

- **Reality** Jamie Oliver's Food Revolution, ABC
- **Choreograhy** So You Think You Can Dance, Fox
- **Commercial** The Man Your Man Could Smell Like: Old Spice Body Wash
- **Voice-over:** Anne Hathaway, for The Simpsons, Fox

MEET YOUR
TOP 22
DANCERS
SO YOU THINK YOU CAN
DANCE
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YOUR TOP 22 DANCERS

QUESTIONS

1) If you could dance with any person living or dead, who would that be?

2) What is your pre-audition or performance good luck ritual?

3) What is your favourite movie-musical?

4) What lengths would you go to to win this competition?

5) Are you on team Benji Schwimmer or Lacey Schwimmer?

CONTEMPORARY
MISSISSAUGA, ON

AMANDA CLEGHORN, 19

1) Jennifer Lopez
2) I try to focus and drain out everything happening around me
3) Grease 4) I'd never go on Facebook ever again!! 5) Team Lacey

BREE WASYLENKO, 22

1) Jillian Meyers
2) I close my eyes and take deep breaths for 30 – 60 seconds
3) Moulin Rouge 4) To infinity, and beyond! 5) Team Lacey

CONTEMPORARY
TORONTO, ON

CONTEMPORARY JAZZ
ABBOTSFORD, BC

CHARLENE HART, 24

1) Bob Fosse
2) I love my warm up time 3) Rent
4) It would go to every length to win this competition 5) Team Lacey

CLAUDIA PRIMEAU, 26

1) Janet Jackson
2) I have to wear all my rings!
3) Grease 4) I'll walk to Australia and back! 5) Team Lacey

BALLROOM
MONTREAL, QC

CONTEMPORARY
SURREY, BC

DANIELLE GARDNER, 21

1) Derek Hough or my Grandpa
2) I never shave my legs the night before a performance 3) Moulin Rouge
4) I'm dedicated to putting every ounce of energy, effort and enthusiasm into my success in this competition 5) Team Lacey

DENYS DROZDYUK, 25

1) Mikhail Baryshnikov
2) I always have to go through the same warm up 3) Moulin Rouge
4) As long as nobody gets emotionally or physically hurt, everything is allowed! 5) I have absolutely no idea!

BALLROOM
TORONTO, ON

SO YOU THINK YOU CAN
DANCE
CANADA

SO YOU THINK YOU CAN DANCE CANADA

EDGAR GILBERT-REYES, 22

HIP-HOP
CALGARY, AB

1) Michael Jackson
2) I just always think very positively!
3) Chicago 4) I'd do anything to do win this competition!
5) Team Benji!

HANI ABAZA, 26

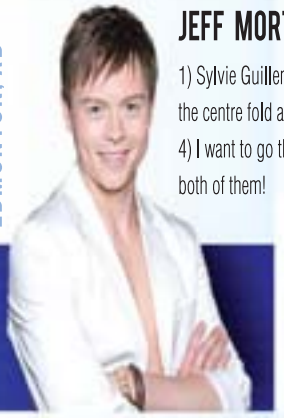
MODERN CONTEMPORARY
OTTAWA, ON

1) Michael Jackson 2) I improv or breathe in and hold it for three seconds 3) A Chorus Line 4) Tell the whole country everything I can about myself and not hold anything back 5) If I have to pick one it would be Benji

JANICK ARSENEAU, 20

CONTEMPORARY
BATHURST, NB

1) Michael Jackson 2) I always get the sudden urge to pee as soon as I'm about to go on stage 3) Chicago 4) I am ready to make the sacrifices needed to get all the way to the top! 5) I'm on team Benji, all the way!



JEFF MORTENSEN, 22

CONTEMPORARY
EDMONTON, AB

1) Sylvie Guillem 2) I always go to the centre of the curtain backstage, touch the centre fold and tell myself to have fun and not screw up 3) Mrs. Doubtfire 4) I want to go through this competition learning as much as I can 5) I am for both of them!

JERA WOLFE, 19

BALLET & BREAKING
INVERNESS, NS

1) Michael Jackson
2) I don't know if it's good luck, but I always go to the bathroom before I perform 3) Grease 4) I'm going to do whatever it takes 5) Team Benji

JESSE WEAFER, 25

CONTEMPORARY
AURORA, ON

1) Michael Jackson
2) I pray and thank God for the opportunity 3) Moulin Rouge
4) I'm terrified of sky diving, but I would do it if that means I would win!
5) Team Lacey

JONATHAN ARSENAULT, 26

CONTEMPORARY
KITCHENER, ON

1) Wade Robson and Michael Jackson
2) If I'm wearing socks, I double check that they're pulled up so they don't fall 3) The Wiz 4) I would go door to door dancing on people's doorsteps to prove I am Canada's Favourite Dancer! 5) Team Lacey all the way!

JULIA HARNETT, 26

LATIN BALLROOM
CALGARY, AB

1) Michael Jackson
2) I try to focus on breathing...."in the nose, out the mouth..."
3) The Sound of Music 4) I will treat my body right
(yoga, proper nutrition and lots of sleep) 5) Team Benji

YOUR TOP 22 DANCERS

QUESTIONS

1) If you could dance with any person living or dead, who would that be?
2) What is your pre-audition or performance good luck ritual?
3) What is your favourite movie-musical?
4) What lengths would you go to to win this competition?
5) Are you on team Benji Schwimmer or Lacey Schwimmer?

KIRSTEN WICKLUND, 20

CONTEMPORARY BALLET
VANCOUVER, BC

1) Jiri Kylian and George Balanchine 2) I get pumped up and energized to music, and then just focus on what I am about to perform 3) Grease 4) I would definitely go to the most infinite lengths to win this competition! 5) I am just on team Schwimmer!

KLOÉ SCHULTZ, 20

LYRICAL-JAZZ
NORTH BAY, ON

1) Janet Jackson
2) I chew gum and remove it right before I step on stage
3) Grease 4) I would stop tanning 5) Team Lacey!

MACKENZIE GREEN, 20

CONTEMPORARY
REGINA, SK

1) Michael Jackson 2) I knock on wood whenever someone says "Break a Leg" 3) The Wizard of Oz 4) A lot of sacrifices will have to be made which I'm prepared to make 5) Team Lacey

NATHALIE HEATH, 23

CONTEMPORARY
SURREY, BC

1) Gene Kelly 2) I close my eyes and take very deep breaths
3) It's a tie between Singing in the Rain and Chicago 4) I strongly believe in the power of focusing all my energy into something I want 5) Team Lacey!

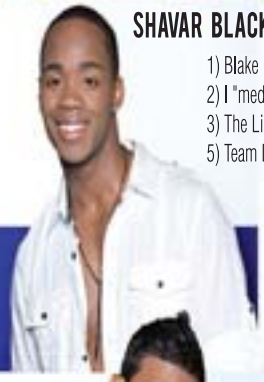
SEBASTIAN MERSCH, 21

CONTEMPORARY
TORONTO, ON

1) Bob Fosse 2) I wish people "Merde" and do a little something called the "shake down" to loosen up my nerves 3) The Rocky Horror Picture Show 4) "I would walk 500 miles, and I would walk 500 more" probably even longer maybe even swim through the Nile... or trek through the Grand Canyon 5) Team Lacey

SHAVAR BLACKWOOD, 25

HIP-HOP
TORONTO, ON



1) Blake McGrath
2) I "meditate" in the washroom
3) The Lion King 4) I would kiss feet!
5) Team Lacey all the way!

SHELAINA ANDERSON, 19

CONTEMPORARY
EDMONTON, AB

1) Patrick Swayze
2) I listen to my music on my ipod while doing a ballet barre warm up to find my centre 3) Grease 4) Anything and everything, without compromising my dignity 5) Team Benji!

YONNI FOURNIER, 27

SALSA
MONTREAL, QC

1) Justin Timberlake
2) I close my eyes and clear my mind for 10 seconds
3) Chicago
4) I will leave my heart on the stage every time I step onto it
5) Team Lacey

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The many shades of Gray

Grammy-nominated musician on a new creative roll More 'politicized' songs on new album

JEFF CHRISTENSEN/THE ASSOCIATED PRESS

▶ Singer-songwriter David Gray is back with a new album — Foundling — this week.

Sometimes you need a time-out. David Gray's time-out lasted four years.

The Grammy-nominated troubadour took a break from the music industry, but came back more energized than ever. Last year, he released the album Draw the Line, and this week, he's back with another album, Foundling. He's also touring the United States with Ray LaMontagne.

Gray said he got a creative spurt during his time away from the spotlight.

"I didn't have a record contract," he said in a recent interview. "I had no one telling me to stop, so once the music began to flow ... I felt like it gave me a completely new lease of life. I got into a very creative mode. I was writing a lot of new songs."

The British performer talked about his new album, and his new outlook.

How would you describe this album?

It's a listening record. If you're really into lyrics and songwriting, and dwelling on the essence of the song, then this is going to be a record that's powerful for you, as a listener. ... There's no big song. There's nothing that's trying to attract your attention. It's not dressed up for the shop window. It's very much a record I made with my deepest instincts.

"My wife and I are always at each other's throats. Maybe that's the secret."
DAVID GRAY ON WHY HIS 17-YEAR MARRIAGE STILL CLICKS

Why did you release this album less than a year after Draw the Line?

At a certain point I looked at all this sort of sprawling massive material and decided there was two separate projects. ... Suddenly it looks like I'm just knocking records out as if it's easy, but they were both recorded and conceived within the same time frame.

You are known for being introspective, but this album turns the lens outward. Why is that?

The angles that I was pursuing with my writing changed on Draw the Line in particular. It just released me from whatever I'd been thinking and feeling before. The sound of the new band had a different, slightly, almost tougher presence to it. It allowed me, enabled me, to write a different kind of song, something I've been bursting to write — so more panoramic, politicized, an uncomfortable word, but more political kind of rant kind of songs. Suddenly the camera was just pointing everywhere and to everything.

What is it in politics that excites or annoys you?

Politics is occasionally exciting when something unpredictable happens. It's the distorting lens of the media that frustrates me, how people operate through it to us as the populace and how we have skewed ideas about the world by looking at it, and how it selects; how stories become bigger from strange reasons and others don't get anywhere. I think for the weight of information that is dispersed on a daily basis, it's amazing how disconnected people are from real events.

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Wyclef Jean will not abandon bid for presidency

- Haitian born hip-hop star will appeal decision by electoral office
- Claims decision is just 'politics'

Hip-hop singer Wyclef Jean said yesterday that he is not abandoning his presidential bid just yet and will try to get the courts to overturn a decision disqualifying him from the race.

Speaking to The Associated Press by telephone from his home in Croix des Bouquets, Jean said his lawyers will file an appeal with the national electoral dispute office.

Jean said that he has a document "which shows everything is correct" and that he and his aides "feel that what is going on here has everything to do with Haitian politics."

"They are trying to keep us out of the race," he said, referring to Haiti's political establishment.

Haiti's elections board rejected Jean's candidacy Friday night — presumably because it decided he had not met residency requirements, although the board did not cite a specific reason. Under Haitian law, a presidential candidate must have lived in the country for five consecutive years leading up to the election. Jean has argued that he was not required to comply with the law so strictly because after President Rene Preval appointed him as roving ambassador in 2007, he was allowed to travel and live outside the country.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ Wyclef Jean

GETTY IMAGES

▶ Lindsay Lohan.

Lohan won't be putting on weight

While stuck in rehab, there's apparently nothing Lindsay Lohan wants to do more than exercise, but sources tell TMZ that's one of the one things doctors at the UCLA Medical Center aren't providing for her.

Sources say she hasn't yet received permission to use the gym at the health facility, so the troubled actress has been getting creative, doing push-ups and sit-ups every day in her room.

METRO

Jolie has lots of mouths to feed

Angelina Jolie admits that getting lunches ready for all six of her children is a bit of a challenge with her busy schedule.

"The problem with my packed lunches is everybody is very, very outspoken about what they want, so it becomes — I often say, 'I'm not a waitress!'" Jolie tells British morning show GMTV.

And Jolie knows it's not going to get any easier.

"We go through so much food," she says.

"And they're still little. So, I can imagine it's going to get worse."

METRO

GETTY IMAGES

▶ Angelina Jolie

GETTY IMAGES

▶ Orlando Bloom and Miranda Kerr

Kerr pregnant with Bloom's kid

It looks like there was a reason for Orlando Bloom and Miranda Kerr's whirlwind engagement and marriage this summer: The Victoria's Secret model is expecting her first child with the Pirates of the Caribbean star, she confirms to the Spanish edition of Vogue.

"Yes, I am pregnant. Four months along," Kerr says. She and Bloom announced their engagement in June before surprising everyone with a July wedding. METRO

Talking points

The naked truth comes out for True Blood stars

SHOWING ONCE AGAIN YOU CAN GO FROM HOT TO YAWN IN A WEEK Although they're currently on the cover of Rolling Stone naked and covered in blood along with co-star Alexander Skarsgard, True Blood's Anna Paquin and Stephen Moyer tied what sounds like a very traditional knot over the weekend.

The couple was married Saturday evening on the beach in Malibu, according to People.com, after being engaged for a year.

The sunset ceremony — complete with a white gown, updo and classy villa — was attended by co-stars as well as series creator Alan Ball.

We are, of course, happy for them. But considering that Moyer — to the frenzied delight of Metro staffers — opened up about the hotness of bloody undead sex during our interview with him last year, we were expecting something a little less Martha Stewart Living.

METRO NEWS SERVICES

Lovato learns to keep things quiet again

ANOTHER CELEBRITY LAMENTING THEIR LOSS OF PRIVACY IN A VERY PUBLIC FORUM. Demi Lovato says the main thing she learned from her relationship with Camp Rock 2 co-star Joe Jonas is to try to keep things private from now on.

"I learned my lesson," she tells People magazine. "It's not very much fun when you break up in a public relationship. So, maybe next time keep a secret."

But she admits that isn't easy. "You want to say to your fans, 'Guess what, I'm so in love with somebody.' You want to shout it from the rooftops," she says.

"At the same time, I learned my lesson. You know, I'll go public when I marry someone one day."

METRO

Celebrity tweets

Kanye West [@kanyewest] French fries are the Devil

Cory Monteith [@frankteneen] people who eat white bread have no dreams.

Sarah Silverman [@SarahKSilverman] I've been poking holes in my birth control pills.

Diablo Cody [@diablocody] My goal is to be a better parent than Sharon Stone at the end of CASINO.

METRO

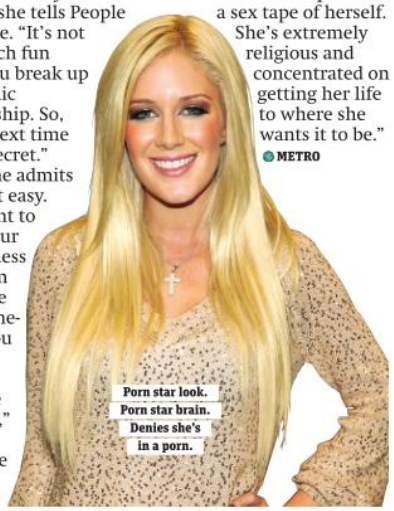
Montag denies sex tape exists

IF IT LOOKS LIKE A DUCK AND WALKS LIKE A DUCK... Heidi Montag is livid over estranged husband Spencer Pratt's claims that he has a sex tape featuring her and is looking to release it, her friends tell Radar Online.

"She denies there is a sex tape. She's furious that Spencer would try and embarrass her like this," Cougar Zank, a friend of both Montag and Pratt, says.

Pal Jennifer Bunney agrees, telling the website, "She would never put out a sex tape of herself. She's extremely religious and concentrated on getting her life to where she wants it to be."

METRO



KRISTA HANDFIELD/THE ASSOCIATED PRESS

▶ Elisa Hebert, 32, wasn't attached to her surname before she traveled with partner Megan from their home outside Denver, Colo., to Rehoboth. Back home, Elisa appeared in court to complete her legal name change.

Gay partners change names

Some see practical benefits to changing their surname, such as proof of medical status in emergencies Others want to identify their union

In October 2008, racing against California's gay marriage ban, Chloe and Frankie Frankeny wed legally in San Francisco with one chore done: Chloe had taken her wife's name two years before.

"It was the only way we had to fit into a mainstream role that was understandable to anybody," said Chloe, managing editor of a fashion website. "When I told my father I was taking Frankie's name he was sort of blown away because I definitely consider myself a feminist."

With a battle over the state's ban on gay marriage possibly headed to the U.S. Supreme Court, it's likely more same-sex couples will do the same.

For the Frankenys, the name switch couldn't magically grant all the marriage benefits denied legally wed same-sex couples when compared to one man, one wife, but it was one more way to express their union. It's a symbol rendered even stronger now that gay marriages are on hold in California, and for partners who've never had the option.

"With the same last name we could say we were sisters. We've all heard stories of partners kept apart in ER."
CHLOE FRANKENY, EDITOR

A name-change for gay couples isn't always as simple as trotting out a marriage certificate, the proof most required in heterosexual marriage. Emotionally, the journey is about love, commitment – and a way to ease anxiety over being misunderstood as non-relatives in emergency rooms or considered less-than as parents.

Kirsten Palladino, who runs online gay wedding 'zine Equallywed, shed Ott for the surname of her partner, Maria, last year without a state-sanctioned union in Georgia. She's seeing more couples go to court for name changes, settling on hyphenation or one partner's surname over the other.

THE ASSOCIATED PRESS

Name game

Up to 95 per cent of heterosexual couples marrying for the first time legally adjust their surnames.

Career move Professional identity before marriage motivates others in same-sex and hetero couples to keep their original names informally or use them as middle names.

Bereaved pet owners struggle to cope with grief

Jane Shaw called Jake her angel dog. Jake saw her through vet school, through her father's death, through a divorce and into private practice. He even did therapy work.

But 11 years ago, Shaw lost Jake to a car accident. She didn't just lose a pet, she lost her hiking partner, someone she took care of, someone she'd built her life around.

Through the grief came a question familiar to those who have lost a special pet: Should she get another pet? And when?

"It is healthy to have a transition period. In grieving, we're taking time to honour the pet we lost. Grief is so miserable," said the veterinarian, who also works at Colorado State University. People used to think getting a new pet right away was as important as getting back on a bicycle after you fall off. But a little time will generally help, Shaw said.

There are no wrong answers about if and when to get a new pet – just a few wrong turns. Some people will mistakenly try to "replace" a lost pet, she said, trying to find an animal that looks, sounds and behaves the same. Some people will even give the new pet the same name.

THE ASSOCIATED PRESS

MICHAEL CONROY/THE ASSOCIATED PRESS

▶ Doreen Disbro hugs her dog Kiko. Disbro lost her German shepherd, named Tandy, to hip disease in 2003, and she's still grieving.

3 life

Don't retire sunglasses for fall

Parents should be aware that harsh sunlight remains outside, even as summer turns to fall. "Children need the protection of good sunglasses just as much as adults do and sometimes even more," says Bijan Minbashion, vice president of operations for Hakim Optical. "So many of their activities are outdoors and in direct sunlight." And the good news is: It isn't too difficult to persuade kids to wear sunglasses, especially if they are modeled after those worn by adult role models or an older sibling.

NEWS CANADA

When parents age at home: Some tips for easing the transition to live-in help.

Nutritious and delicious

HANDOUT/THE CANADIAN PRESS

10 portions
Prep time: 15 min.
Cooking: 35 min.

▶ Blueberry cake topped with walnuts.

- Forget about serving pie or a traditional cake
- Blueberry cinnamon coffee cake is delicious served for any occasion

This moist cake tastes good for breakfast, brunch or dessert served with a slice of cheddar cheese.

Ingredients :

Topping
- 750 ml (3 cups) locally grown blueberries
- 125 ml (1/2 cup) icing sugar, divided
- 10 ml (2 tsp) cinnamon, divided

125 ml (1/2 cup) all-purpose flour
- 75 ml (1/3 cup) cold butter, cut in bits
- 125 ml (1/2 cup) finely chopped walnuts

Batter
- 125 ml (1/2 cup) butter, softened
- 250 ml (1 cup) granulated sugar
- 2 eggs
- 5 ml (1 tsp) vanilla
- 500 ml (2 cups) all-purpose flour
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 5 ml (1 tsp) baking soda

Preparation:

Topping:

1. In a small bowl, stir together blueberries and half each of the icing sugar and cinnamon; set aside.
2. In another small bowl, stir together flour and remaining icing sugar and cinnamon. Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.
3. Cut in butter until texture resembles coarse crumbs. Stir in walnuts. Set aside.

Batter:

4. In a large bowl, cream butter with sugar until light and fluffy. Beat in eggs, one at a time. Beat in vanilla.
5. In a separate bowl, sift or stir together flour, baking powder and salt. Stir baking soda into sour cream.
6. Stir half of the dry ingredients into butter mixture. Add sour cream; stir in remaining dry ingredients.
7. Spread in greased 3.5-l (9-by-13-inch) metal cake pan, smoothing with spatula. (The batter is thick.) Sprinkle with blueberry mixture. Sprinkle walnut mixture evenly over top.
8. Bake in a 180 C (350 F) oven until skewer inserted in centre comes out clean, about 35 minutes.

THE CANADIAN PRESS

Superfood: Papaya

FLICKR/BRAVESIRROBIN

Papaya contains a number of vital protein-digesting enzymes including papain. Papain has been shown to decrease inflammations and improve healing from burns. They are also a great source of Vitamin A and C (obtained from the anti oxidant beta carotene) which are necessary elements contributing to a healthy immune system.

● ROMINA MCGUINNESS/ METRO WORLD NEWS

VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed	☐	☐
I am having difficulty sleeping	☐	☐
I am feeling low in energy and slowed down	☐	☐
My appetite has changed	☐	☐
I am experiencing feelings of guilt	☐	☐
I have lost interest in work and pleasurable activities	☐	☐
I feel hopeless about the future	☐	☐
I feel tense and anxious	☐	☐
I am having difficulty making decisions	☐	☐
I am having trouble concentrating	☐	☐

Ottawa Psychopharmacology Clinic
Smyth Medical Centre

If you have answered YES to five or more of these statements and have felt poorly for the past month, you may be suffering from depression. To be evaluated for this program please call, any time (24 hours), leave your name and phone number on our confidential voice mail:

(613) 737-5454 ext. 225

All information is kept in strictest confidence.
Research programs are reviewed by an ethics review board.

03-18-10

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September 8	September 9
September 15	September 16

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Language Training

You Belong Here.

INFORMATION FEATURE

Fairly Easy Milk Chocolate Fudge

You'd be hard pressed to find an easier fudge recipe. And using Fair Trade chocolate makes it that much sweeter!

▶Milk Chocolate Fudge

PHOTO: SIMON COUSINS/FLICKR

Milk Chocolate Fudge Ingredients:

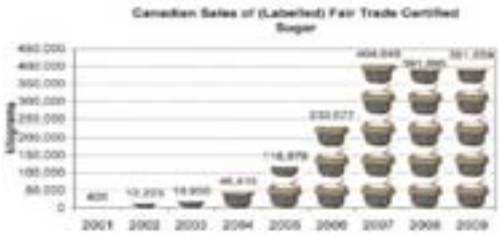
- 4 1/2 100-gram Cadbury Dairy Milk bars (1 pound total), chopped
- 1 14-ounce can sweetened condensed milk
- 1/2 stick (1/4 cup) unsalted butter
- 1/2 teaspoon salt (optional)

Preparation:

1. Line the bottom of an 8-inch square baking pan with wax paper.
2. Heat all ingredients in a double boiler (or metal bowl in a pan of simmering water), stirring until smooth.
3. Pour into baking pan and refrigerate until firm (at least 4 hours or overnight). Cut fudge into 1-inch squares and enjoy chilled.

Fair Trade

By the Numbers Despite having taken a hit by the recent economic downturn, interest in—and purchases of—Fair Trade staples has gained popularity in the past few years . Here are just a few of the recent numbers from TransFair Canada:



▶ A fussball table is a reason to get up and walk, plants clear the air.

▶ Saves bottles.

▶ Saves on heating.

▶ Saves paper.

Green ideas for your office

ROMINA McGUINNESS
METRO WORLD NEWS

Clear your head, your conscience and your carbon footprint in one go.

GO ELECTRIC

Technology is here for a reason so digitalize and dematerialize as much as possible. Emails, invites, calendars and files can all be saved onto your computer rather than on paper. Back all information on an external hard drive — as much as we love technology, computers do tend to crash and burn when loaded with too much information.

PAPER

Print only if you must as most of the time you can read and make changes directly on the screen without printing. When you do print, choose the double sided setting, which will print on both sides instead of just one. When re-stocking, go for recycled paper.

LIGHTS

Switch off all lights when you leave the office, especially desk lights that are smaller yet easily forgettable, but still powerful. Switch to LED (light emitting diode) bulbs, which are more efficient and save than traditional ones.

FURNITURE

Choose office furniture (desks, chairs, filing cabinets) made from sustainable wood, recycled metal and non-toxic waste.

COMMUTE

Public transport (bus, subway, train, car) is over crowded and stressful. It also contributes to your carbon footprint as thanks to the toxic fumes emitted throughout the journey. If the work home distance and weather allows for it, either ride your bike or walk into work. It's a healthier and cheaper option with minimal impact on the environment.

DRESS RIGHT

Summers are warm and winters cold- fact. Dress appropriately in order to not turn the heater or air conditioning on full blast as soon as you step foot in the office. Bring an extra jumper or pair of tights to cozy up in the cold and if it's too hot, buy a water spray or small fan.

RECYCLE BINS

Have one main recycling bin where everyone can throw in paper, cardboard and plastic waste. Place it somewhere obvious and of easy access.

SWITCH OFF

Leaving your computer on over night will eventually burn out its battery light and is simply not necessary.

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LINDSAY COULTER

SEND YOUR QUESTIONS TO QUEENOFGREEN@METRONEWS.CA. FOR MORE GREAT TIPS, VISIT THE DAVID SUZUKI FOUNDATION AT DAVIDSUZUKI.ORG

DON'T FLUSH MEDS

QUESTION:
What's the best way to get rid of old medications?

Alex, Edmonton, Alta.

The next time you find yourself decluttering the medicine cabinet, make sure you don't flush old medications down the toilet and don't throw them in the garbage either.

The safest way to dispose of old medications and over-the-counter health care products is to take them back to your local pharmacy.

Flushing unused or expired prescription medications down the toilet or throwing them in the garbage means they'll eventually find their way into our streams and rivers — also known as our drinking water. Not only will you be eliminating the risk of an accidental poisoning in your home, but you're also playing a role in keeping our oceans and landfills free of pollution.

QUESTION:
Do I need to worry about toxic ingredients in sunscreens and what's the safest sunscreen to use?

Julia from Halifax, N.S.

Unfortunately, there are chemicals of concern in sunscreens. Four substances commonly found in chemical sunscreens — parabens, cinnamate, benzophenone and camphor derivatives — are thought to be the culprits killing coral reefs around the world. Yikes.

This summer, choose a sunscreen without parabens. You might also see related ingredients on the label like methylparaben, butylparaben, propylparaben. All are widely used in cosmetics as a synthetic preservative; they are easily absorbed by skin and should be avoided. What's concerning is parabens are suspected of interfering with hormone function. Some evidence suggests that parabens mimic estrogen and studies suggest a possible association between parabens and breast cancer.

Green ideas

SHANTY CHIC POTS IN BRAZIL

▶ The tins are made from recycled materials.

Brazil based Jahara studio has launched a collection of household items made form recycled materials. "I was inspired by the look of beaten up and used pans that are also used as a musical instruments at Brazilian carnivals," says owner Brunno. The collection was also drawn to the country's favelas (shanty towns), where people also use odd bits and pieces, including aluminum pots and tins, as musical instruments. In 98 per cent of the aluminum in Brazil is recycled, and the collection features lampshades, pots and plates made from the material. Jahara's recycled aluminum is 30 per cent stronger than it would be new thanks to an anodizing process, which also gives the end product a unique texture and vivid colour.

brunnojahara.com

ROMINA MCGUINNESS/ METRO WORLD NEWS

Ditching the desk

More and more employees are passing on the cubicle and taking their work to the coffee shop Companies realize a cost savings

More and more people are dropping the desk gig for a better office outfit. In fact, the widespread use of smartphones, laptops and PDAs means many don't even go into the office at all. As office work shifts, so do the workplaces behind it, and businesses have begun to smarten up about the widespread potential for work outside the office.

Richard Laermer, author of 2011: Trendspotting for the Next Decade, noticed this phenomenon early on.

"As soon as (businesses) realized it was cheaper to not have people stay at the office, they did it," jokes Laermer, but he's right. Offices have to pay for the real estate for desks, conference rooms, lounges and kitchens.

"It's hard for companies to afford space for people when people don't really need space to work in," he explains.

Working outside the office is better for employees, too. When staffers aren't tied to the office to do their work, they can be more universally committed — the lines between work life and home life become blurred. Being able to work on your own terms means you can work whenever you are most productive.

"It's hard for companies to afford space for people when people don't really need space to work in."
RICHARD LAERMER

▶ Being able to work on your own terms means you can work whenever you are most productive.

Laermer says that in the alternative workplace "you think better, somebody's not looking over your shoulder (figuratively or literally), and you can choose what interruptions come to you — these are very healthy things."

The author's only concern comes from the productivity offices have through working together. "In order to get things done, you need to brainstorm," he says. "How does the employer get people to come to the office for those meetings if they don't have to?" The latest trend is to hire a "social director that plans things for people to come into the office so they can see each other," Laermer says.

more productive

By choosing your own atmosphere, you're more likely to be productive. "What exactly are you doing in your cubicle that you couldn't be doing in Starbucks?" asks Laermer.

METRO

News in brief

Rabbits could move to Texas

B.C. British Columbia's environment ministry has approved a transport and export permit to allow up to 1,000 University of Victoria rabbits to move to a rescue ranch in Texas. UVic had hoped to trap most of the rabbits this month before students return to campus, but a rabbit activist obtained a temporary injunction. UVic was planning to trap and either kill or sterilize and relocate up to 1,000 on-campus rabbits. METRO

Guelph unveils synthetic turf

ONTARIO The University of Guelph opened its newly constructed Varsity Field last week, the institution's first outdoor synthetic turf field. The $1.8-million field will be home to field hockey, football, soccer, and rugby teams for practices. The field will also be open to the public. METRO

Bell

Bell Canada, the leading Canadian provider of a full range of communications services, has immediate openings for **Field Team Sales Representatives** in the Ottawa region. The team will be responsible for all aspects of the sales and promotion of Bell TV, Internet and Home Phone services to residential end-users who live in an MDU (Multi Unit Dwelling).

All interested applicants please submit your resume to **lisa.taylor@bell.ca** or by fax to **416-364-6481.**

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sunwing AIRLINES

Healthy Control Participants Needed for Multiple Sclerosis Research Study
The Ottawa Hospital | L'Hôpital d'Ottawa
Carleton UNIVERSITY
The purpose of the study is to understand how multiple sclerosis (MS) affects people's ability to think or perform mental tasks. This will be done by comparing performances on different tasks between healthy individuals who have not been diagnosed with MS and people who have MS.
Participants will complete tasks that measure how quickly you can process information as well as perform other mental functions. This will require 3 visits over a 3-year period to the General Campus of the Ottawa Hospital at times that are convenient to you. Parking expenses will be covered.
This study has been approved by the Ottawa Hospital Research Ethics Board and the Carleton University Research Ethics Board.
For more information & find out if you are eligible, please e-mail Lindsay Berrigan. lberrigan@toh.on.ca or call 613.737.7350 x.75621

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Many students ready to manage finances for the first time Grants and scholarships can save money

It is easy for students to get into debt with credit being so readily available to them.

Thousands of young Canadian men and women are embarking on a huge change to their lives in the next few weeks as they leave home and enter university.

It's an exciting and demanding time — as students handle their own finances for the first time and make decisions on money and debt that can haunt or help them for years to come.

Hailey Coleman, who just graduated from Ryerson University, remembers that it was "definitely a big change, that's for sure."

"I wasn't living with my parents anymore, so for me it was really learning how to budget and how to be responsible for my money."

Of course you can't budget and control expenses unless you know how much money is coming in. That means students should make it their business to find out about any available grants and scholarships — but many don't.

"They are either unaware, which is scary because high schools are supposed to instruct them in how to try and access money and they probably do but the students are still unaware," said Alan Kaplan, a finance professor at Ted Rogers School of Management at Ryerson University.

"So yes, some are unaware and some students know that these opportunities are out there but they simply haven't explored them. Their parents took care of things until this time."

Coleman said she made the same mistake when she first attended Ryerson, including missing out on an entry scholarship that "would have helped out big time."

Coleman said she was lucky in having a friend who taught her how to budget, "which was huge."

That meant she could get a handle on what was coming in and going out and once she got in the habit of keeping her receipts and seeing what she was spending, Coleman found it amazing to see how much these things were costing.

"It was more just learning how to distribute my money properly, like how to put enough aside for food and some for rent and just shopping around for different things," she said.

"I got a bike which saved me a ton of money as opposed to buying Metro passes or tokens (for Toronto transit) every week. It was things like that I kind of learned along the way, even buying a water filter as opposed to buying bottled water. Little things along the way (that really add up)."

One of the biggest challenges that face students is holding down a part-time job and Kaplan said this can be a bad situation for most men and women.

"I advise that unless you are a strong student, you have to recognize there is a balance, you cannot simply work 20 hours a week to support your university studies and expect to do sufficiently well," he said.

Instead of putting your studies in jeopardy, he advises that it's not the end of the world if you don't go straight from high school to university.

"Take a year off if you need to. You're still young, you can get a job a year down the road. It isn't going to matter in terms of getting a job," Kaplan said.

"Get money saved up so you don't have to work too much. Because it is a very tough balance unless you are a very strong student."

Coleman added that if you have to put in some long hours working, then consider cutting back your courses.

"I did have to have a job and so I cut back on my courses," she said.

"I think that was the most brilliant thing to do. I took my time. I was able to keep my grades up, earning money so I didn't have to take out a loan."

Kaplan added that it is easy to get into debt with credit being readily available to university students and if a student gets into trouble, the smart thing to do is "see someone real quick."

He knows Ryerson has a free counselling area for students to help them deal with academic and personal issues and is sure other universities have the same facilities.

THE CANADIAN PRESS

"There are tons of resources available in terms of scholarships that are available for hundreds of students and it's really just a matter of applying for them."
RYERSON UNIVERSITY GRADUATE HAILEY COLEMAN

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Budgetting is up to you

Alan Kaplan, a finance professor at Ted Rogers School of Management at Ryerson University, said that managing finances comes down to the individual.

"It's mostly attitude," he said.

"If you have the right attitude, you will figure out how to work ASAP, you will figure out who to speak to regarding grants, and bursaries. So I do think first and foremost it's attitude and only second is it the actual technical details."

THE CANADIAN PRESS

▶Night shift workers are at increased risk of breast cancer, heart disease, fertility problems, gastrointestinal distress and substance abuse.

Remaining sane when you're up late

Get a good sleep, try to nap often and avoid sunlight

When the clock resets, that's when that other set clocks in: The nocturnal underclass of twilight-shift zombies who pull midnights to mornings, often graze out of a gas station snack rack, shed friends like muscle mass, and suffer weeks without savouring a vegetable.

It's with morbid accuracy that society nicknames that the graveyard shift. Brave souls who bear it brook all manner of health risks, which Brown University chronobiologist Katie M. Sharkey enumerates: "Increased breast cancer, heart disease, fertility problems, gastrointestinal distress, and definitely more substance abuse, in groups that you wouldn't even think, like nurses drinking coffee after 5 a.m., then using alcohol to try and sleep."

Adjust your inner timepiece, though, and your graveyard shift need not carry a graveyard sentence: Start by adopting a vampiresque revulsion towards the sun.

"An afternoon nap prior to the first night or a run of night duty is clearly advisable."
CHRONOBIOLOGIST TIMOTHY MONK

"Light is the most potent time-giver to our biological clock," Sharkey explains. "Protect yourself from exposure, particularly when traveling home in the morning."

Then, with lead drapes blackening yours windows, go right to bed: no Facebook, no Cheerios, no Good Morning America.

"The closer you go to bed to your natural sleep time, the more likely you'll get good sleep," she advises.

Ear plugs, eyeshades, an understanding family, a phone on vibrate, and a doorknob dangler — Night Shift Worker: Don't Disturb 'Till 4 — can assist, Sharkey recommends.

So can smoother transitions. Come weekends, all too many nocturns backslide to a sunshine schedule when they'd slumber sounder half-measuring a 3 a.m. bedtime.

"Naps can be of significant benefit," Chronobiologist Timothy Monk suggests. "An afternoon nap prior to the first night or a run of night duty is clearly advisable."

Take your health seriously

The safety of others may rest on your slumber patterns. The very people who come out at night, Sharkey notes, are the cops, nurses, and 911 tellers who rely on split-second decisions: instincts, she warns, that are denatured by the night shift.

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4 sports

Sweet Lou says final goodbye

After all the wins, all the losses and all those arguments, Lou Piniella clearly felt it was time to leave.

Saying the final goodbye after a half-century in baseball, that was the hard part.

"I cried a little bit after the game. You get emotional. I'm sorry, I'm not trying to be," the Chicago Cubs manager said yesterday, his eyes tearing up again and his voice cracking.

"This will be the last time I put on my uniform," he said.

The 66-year-old Piniella announced before the Cubs-Atlanta game that he was retiring immediately after it was over and planning to spend more time with his ailing mother.

"My mom needs me home and that's where I'm going," Piniella said.

The Cubs didn't do him many favours on the field in his wrapup, losing 16-5 to the Braves. He was in the dugout when it ended, and he waved his hat across the field to his friend, longtime Atlanta manager Bobby Cox, who has said this is his last season.

Third base coach Mike Quade was promoted to interim manager.

Piniella finished with an overall record of 1,835-1,713.

THE ASSOCIATED PRESS

NAM Y. HUH/THE ASSOCIATED PRESS

▶ Manager Lou Piniella watches his Cubs play in his final game yesterday.

Quoted

"I'm just going to try to do the best I can, certainly for next year. Please don't ask me anything about after next year. I'm lucky to look for tomorrow morning"

VIN SCULLY, 82, ON HIS PLAN TO RETURN TO THE BROADCAST BOOTH TO CALL LOS ANGELES DODGERS GAMES FOR HIS 62ND SEASON.

"Every time there's a good play, the other night when the kid at second base threw the ball to first behind his back, I had goose bumps like it was the first big league game I'd ever seen."

SCULLY

Scan code for more sports

Rain, rain go away: Delays hit Cup again

Rogers Cup semis and final rained out a second straight day

Losing the final weekend to unrelenting rain capped a 2010 women's Rogers Cup that was ill-fated from the start.

The semifinals — one of them still hanging on an early Caroline Wozniacki lead — were postponed from Saturday to Sunday and finally to this morning at 10 a.m. ET as rain fell on Uniprix Stadium and the players amused themselves with movies, computer games and table tennis in the players' lounge.

Wozniacki, the second seed, took a 2-0, 0-15 lead on 11th-seeded Svetlana Kuznetsova during a 10-minute dry spell Saturday evening, but not another point was able to be played.

Their semifinal is to be played simultaneously with the one that pits 10th-seeded Victoria Azarenka of Belarus against eighth-seeded Vera Zvonareva of Russia.

The final is scheduled for 1:30 p.m. ET, although more rain is forecast for this morning, with clouds and isolated showers in the afternoon.

"They say 'Now it's ready' and you start warming up and then it starts raining again," Wozniacki said of the waiting. "The weather hasn't been nice to us.

"At least I got to watch a movie — two, actually."

THE CANADIAN PRESS

What if?

▶ A Women's Tennis Association spokesman said that if play is washed out again today, they will meet with the players, Tennis Canada and the television broadcasters to decide what to do.

PAUL CHIASSON/THE CANADIAN PRESS

▶ Three tennis fans huddle up underneath an umbrella during a rain delay at the Rogers Cup yesterday in Montreal.

Atwal makes history with win

Arjun Atwal has won the Wyndham Championship by one stroke, becoming the first Monday qualifier to win on the PGA Tour in 24 years.

Atwal, who led or shared the lead after each of the first three rounds, shot a 67 yesterday.

He finished at 20-under 260 and earned $918,000 US.

He's the first Indian-born player to win on tour and the first to win both the qualifier and the tournament that follows since Fred Wadsworth at the 1986 Southern Open.

David Toms (64) was 19 under.

THE ASSOCIATED PRESS

18 For a few dizzying moments late in a low-scoring day, seven players shared the lead at 18 under.

HUNTER MARTIN/GETTY IMAGES

▶ Arjun Atwal

Sports in brief

Federer beats Fish in Masters

CINCINNATI. Roger Federer ended his mini-vacation with another Masters title.

A well-rested Federer beat American Mardy Fish 6-7 (5), 7-6 (1), 6-4 yesterday, winning the Cincinnati Masters championship.

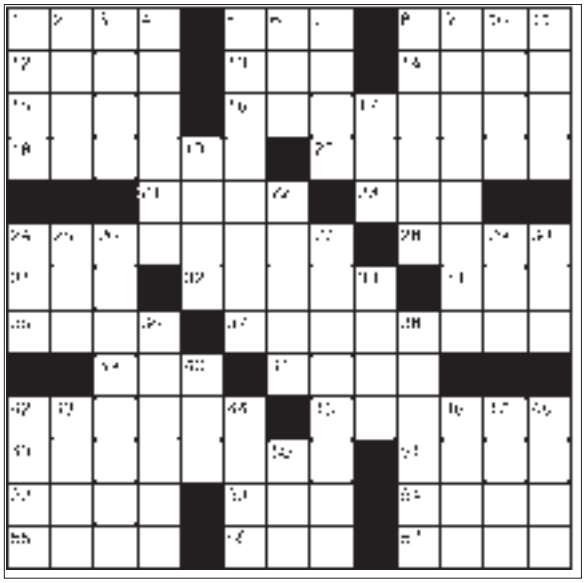
He was barely on the court all week because his opponents got hurt and his game was so good.

Dodgers trade for Barajas

BASEBALL. The Los Angeles Dodgers acquired Rod Barajas from the New York Mets yesterday for cash in an effort to bolster their catching corps.

THE ASSOCIATED PRESS

Crossword

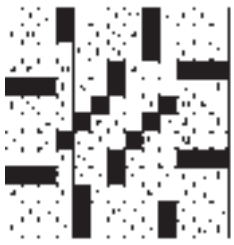


Across

1 Potato
5 "Golly!"
8 Unkempt one
12 Gaelic language
13 E. Coast ocean
14 Spanish hors d'oeuvre
15 Cry
16 Subtract
18 Evergreen type
20 Marble cake patterns
21 Lighweight pith helmet
23 Before
24 Grasp
28 Break suddenly
31 Eggs
32 Wicker-work willow
34 Bookkeeper (Abbr.)
35 Longings
37 Pay attention
39 "Krazy —"
41 Comic Carvey
42 9-Down's territory
45 Garden intruder
49 Assume control
51 Father (Fr.)
52 State with certainty
53 A Gershwin brother
54 Ireland
55 Conks out
56 Water barrier
57 Require

Down

1 Stitches
2 Get ready, for short
3 Addict
4 Appoint as one's agent
5 Fence feature
6 Greek vowel
7 B.P.O.E. members
8 Flight between floors
9 Noted WWI British officer
10 October birthstone
11 Howls at the moon
17 Lamb's dam
19 Silver salmon
22 Homeric epic
24 Plaything
25 "Hail!"
26 Illinois city
27 About 1/3 ounce
29 Mimic
30 Cushion
33 Former Attorney General Janet
36 Tools for duels
38 Occur
40 Uncle (Sp.)
42 Slightly
43 Sitarist Shankar
44 Eager
46 Present
47 A Great Lake
48 Tear in two
50 Historic time



Sudoku

	4		6		8			2
				3		9		6
				1		4	8	
	1						5	4
			3		5			
8	6						7	
	8	2		5				
1		3		4				
9			2		7		4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

2	3	6	1	5	4	7	9	8
9	1	5	8	2	7	3	6	4
8	4	7	6	3	9	1	5	2
4	5	1	3	7	8	6	2	9
3	9	8	2	4	6	5	7	1
6	7	2	5	9	1	4	8	3
5	8	4	7	1	2	9	3	6
1	2	3	9	6	5	8	4	7
7	6	9	4	8	3	2	1	5

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Tami, You Light Up my Life with your Amazing Smile and Radiant Beauty. We lead busy lives yet always have time for each other n our 'Chemistry' is growing! Thank You for being in my Life, Heart and Soul!,
LOVE FROM YOUR CHEF XOXO

Aaron, You are the love of my life. I just want to thank you for being there for me through thick and thin. You are my life, my world, and my everything! I love you babe! **LOVE ROB**

I miss my school and lots of friends. But my friend will be attending my school this year, so I'm looking forward to it! All of my friends out there, THIS MEANS YOU!!! :) LOHL!

Said, thank you so much for everything. I don't have enough words to say how much I thank you and love you. Please be happy!
XOXOXO JAPONESITA

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

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♈ Aries March 21-April 20 Changing times mean changing attitudes and changing ways of doing things and the Sun's change of signs symbolizes your need to change the habits of a lifetime.

♉ Taurus April 21-May 21 One of the busiest and most enjoyable times of the year starts for you today, and it will be more enjoyable still if you have a specific objective in mind.

♊ Gemini May 22-June 21 You may at times feel out of touch with what is going on around you but there is no need to worry – you're not missing much. Go your own way and do your own thing.

♋ Cancer June 22-July 22 The Sun's transit of one of the more inquisitive angles of your chart makes you question everything you see and hear.

♌ Leo July 23-Aug.23 Cosmic activity in and around the area of your chart that governs what you own and what you earn means there is a lot at stake financially at the moment. Do whatever it takes to maximize profits and minimize losses.

♍ Virgo Aug. 24- Sept. 22 The Sun joins Mercury, your ruler, in your birth sign today, making this the ideal time to start something new. However, as Mercury is currently moving retrograde you must make sure your aims are realistic.

♎ Libra Sept. 23-Oct. 23 There are a number of things you can do to make life easier for yourself. Start doing them now. The most important thing by far is to listen to, and act on, what your inner voice tells you. It knows all the answers.

♏ Scorpio Oct. 24-Nov. 22 It may feel as if everyone you meet is in some way against you but it isn't true. Nevertheless, the feeling will inspire you to try even harder and prove your critics wrong. You'll enjoy saying "I told you so."

♐ Sagittarius Nov. 23-Dec. 21 You may say you don't care what other people think of you, but deep down you care very much, and you will care even more as the Sun crosses the midheaven angle of your chart. You'll make a big – no, huge – impression today.

♑ Capricorn Dec. 22-Jan. 20 An idea that meant nothing to you yesterday will mean everything to you today and you won't be happy until you have investigated it further.

♒ Aquarius Jan. 21-Feb. 18 Generally speaking you don't spend a lot of time thinking about what makes you tick, but today you will question who you are and what you are doing in life.

♓ Pisces Feb. 19-March 20 Stop thinking about how you can get ahead of other people and start thinking about how you can move forward together.

Caption contest

WONG MAYE-E/THE ASSOCIATED PRESS

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08 Accent

- A/C, Auto
- st: 29194
- km: 69385

$8,450

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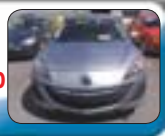
10 Mazda3



- Std
- st: 29960
- km: 126

$15,840

$128*** Bi-weekly

06 Pathfinder SE

- 4WD, Load, A/C
- st: 28503
- km: 82663

$19,850

$209* Bi-weekly

08 Sorento 4WD

- Load, A/C, Auto,
- st: 28495
- km: 19332

$18,850

$153*** Bi-weekly

06 Matrix

- A/C, Std
- st: 29661
- km: 77004

$8,860

$93* Bi-weekly

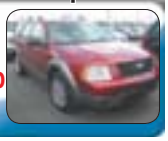
09 Nissan Sentra

- Load, A/C, Auto
- st: 29666
- km: 51023

$11,850

$96*** Bi-weekly

06 Ford Escape 4WD



- Load, A/C, Auto, Lthr
- st: 31021
- km: 75791

$14,680

$155* Bi-weekly

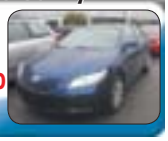
08 Pontiac G5

- A/C, Auto
- st: 29152
- km: 59693

$8,750

$71*** Bi-weekly

10 Camry LE



- Load, A/C, Auto
- st: 29736
- km: 31787

$19,840

$161*** Bi-weekly

07 Caliber SXT

- Load, A/C, Auto
- st: 29742
- km: 70243

$8,850

$81** Bi-weekly

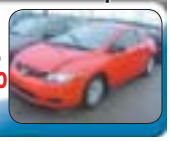
07 Buick Allure CXS

- Load, A/C, Roof, Lthr
- st: 31011
- km: 105034

$11,940

$109** Bi-weekly

07 Civic Coupe

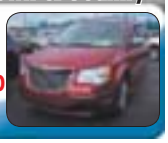


- Load, A/C, Auto
- st: 29768
- km: 62630

$12,950

$118** Bi-weekly

08 Town & Country



- Load, A/C
- st: 29912
- km: 75433

$20,870

$161*** Bi-weekly

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07 Corolla CE

- Load, A/C, Std
- st: 29702
- km: 75388

$9,760

$62** Bi-weekly

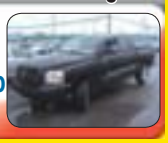
08 Mazda Tribute

- Load, A/C, Auto
- st: 29529
- km: 54497

$17,950

$145*** Bi-weekly

07 Dakota SLT Magnum



- 4x4, Load, A/C
- st: 29894
- km: 94964

$15,860

$144** Bi-weekly

08 Ford Ranger

- A/C, Std
- st: 29884
- km: 37557

$13,470

$109*** Bi-weekly

06 Mazda B4000

- 4x4, Load, A/C, Std
- st: 29776
- km: 66626

$13,350

$141* Bi-weekly

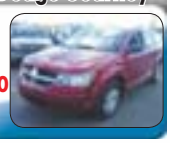
07 Econoline E250

- Super Duty, A/C
- st: 28294
- km: 75138

$17,360

$158** Bi-weekly

10 Dodge Journey



- Load, A/C
- st: 29473
- km: 20291

$18,850

$161*** Bi-weekly

09 Dodge Avenger

- Load, A/C, Auto
- st: 29707
- km: 62599

$11,850

$95*** Bi-weekly

06 GMC Canyon

- 4x4, A/C, Auto
- st: 29365
- km: 43250

$15,950

$168* Bi-weekly

06 Avalanche Z71

- 4x4, Load, A/C
- st: 29674
- km: 76635

$19,650

$207* Bi-weekly

06 Sierra 1500 Z71

- 4x4, Auto, Load, A/C
- st: 29204
- km: 40533

$21,850

$223* Bi-weekly

08 Ridgeline RTL

- 4x4, Load Lthr, Roof
- st: 28708
- km: 17184

$32,890

$254*** Bi-weekly

06 Uplander LT

- Load, A/C, Auto
- st: 28161
- km: 99339

$8,950

$94* Bi-weekly

07 Prius Hybrid

- Load, A/C, Auto
- st: 28376
- km: 79869

$15,780

$153** Bi-weekly

07 Raider LS

- Load, A/C, Auto
- st: 28990
- km: 37060

$17,890

$163* Bi-weekly

09 Frontier SE

- 4x4, Load A/C, Auto
- st: 28694
- km: 32182

$25,980

$201*** Bi-weekly

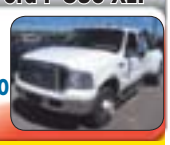
07 Tundra SR5

- 4x4, A/C, Auto
- st: 28556
- km: 47596

$29,850

$261*** Bi-weekly

07 Ford F-350 XLT



- 4x4, Load, Diesel
- st: 29010
- km: 60151

$33,840

$296** Bi-weekly

07 Chevrolet HHR

- Load, A/C, Std
- st: 29717
- km: 62456

$9,650

$88** Bi-weekly

06 Tucson

- Load, A/C Auto
- st: 29878
- km: 80243

$10,650

$112* Bi-weekly

06 Ford F-150 FX4

- 4x4, Load, A/C
- st: 28052
- km: 66876

$20,840

$212* Bi-weekly

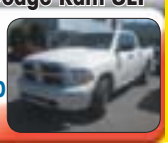
09 Chevrolet G15

- A/C
- st: 28312
- km: 38582

$21,860

$169*** Bi-weekly

09 Dodge Ram SLT



- 4x4, Load, A/C, Auto
- st: 29827
- km: 58042

$24,950

$193*** Bi-weekly

10 Ford F-250 XLT

- 4x4, Diesel
- st: 29458
- km: 14352

$43,750

$338*** Bi-weekly

06 Mazda5

- Load, A/C, Roof, Std
- st: 29306
- km: 90487

$10,650

$112* Bi-weekly

09 Jeep Liberty

- 4WD, Load, A/C, Auto
- st: 29150
- km: 55813

$17,950

$145*** Bi-weekly

10 Nissan Altima

- Load, A/C, Auto
- st: 29881
- km: 21934

$19,850

$161*** Bi-weekly

06 Acura TL

- Load, Auto Roof, Lthr
- st: 29932
- km: 85859

$17,850

$188* Bi-weekly

06 Santa Fe

- Load, A/C, Auto
- st: 29790
- km: 95236

$10,830

$114* Bi-weekly

07 Yaris

- Std
- st: 29044
- km: 77412

$8,350

$76** Bi-weekly

06 Mazda RX-8

- Load, A/C, Auto, Roof
- st: 31024
- km: 42296

$16,970

$179* Bi-weekly

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DANCE.CTV.CA
MUCH
CTV

SO YOU THINK YOU CAN DANCE CANADA

BROADCAST SCHEDULE*

MONDAY, AUGUST 23	PERFORMANCE SHOW
TUESDAY, AUGUST 24	RESULTS SHOW
MONDAY, AUGUST 30	PERFORMANCE SHOW
TUESDAY, AUGUST 31	RESULTS SHOW
MONDAY, SEPTEMBER 6	PERFORMANCE SHOW
TUESDAY, SEPTEMBER 7	RESULTS SHOW
MONDAY, SEPTEMBER 13	PERFORMANCE SHOW
TUESDAY, SEPTEMBER 14	RESULTS SHOW
WEDNESDAY, SEPTEMBER 22	PERFORMANCE SHOW
THURSDAY, SEPTEMBER 23	RESULTS SHOW
WEDNESDAY, SEPTEMBER 29	PERFORMANCE SHOW
THURSDAY, SEPTEMBER 30	RESULTS SHOW
WEDNESDAY, OCTOBER 6	PERFORMANCE SHOW
THURSDAY, OCTOBER 7	RESULTS SHOW
WEDNESDAY, OCTOBER 13	PERFORMANCE SHOW
THURSDAY, OCTOBER 14	RESULTS SHOW
WEDNESDAY, OCTOBER 20	PERFORMANCE SHOW
SUNDAY, OCTOBER 24	FINALE

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* Subject to change.
Visit CTV.ca to confirm local broadcast times.